



Gym Rules

- 1) RESPECT** – Be Considerate of instructors, guests, and other students. DO NOT speak while an instructor is speaking. Follow his/her instruction at all times. Students are encouraged to assist their teammates. However, remember that you are a student. You are here to learn. Let the instructors teach. When higher belts are helping a student then allow them to do so as to not confuse the student. We are a team and helping us all to get better is encouraged by everyone.

***Bowng** – This is to show respect. When class has ended we will line up and face the flags. We will bow to recognize the Masters that brought us their knowledge. This will be in Portuguese.

Atenção (Attention – To stand at attention).

Saudação (Greeting – to bow – sounds "sau da saum").

After this then class is dismissed. You are free to roll/spar as you like.

- 2) HYGIENE** – Come to each class clean. Shower before and after each class. Keep finger/toe nails clipped and clean. If you have long hair, pull it back or up in a bun. Remove any piercings before stepping onto the mat. Pay attention to any rashes you may have. Some rashes are contagious. If you are unsure of a rash, then ask someone who has experience on the mat to determine if it is contagious or not. Dress and cover all cuts or wounds before you step on the mat. You may still be able to continue with a cut or wound but be aware that open wounds are more susceptible to skin infections.

***note – Clean up your own blood, mess, etc. that comes from your body!**

- 3) APPAREL** – DO NOT wear shorts that have extra pockets or are baggy. No shorts that have belt loops, zippers, buttons, snaps, or any metal of any kind. This clothing can scratch your partners and damage the equipment. Fight appropriate shorts can be purchased online or through the school. Please no street shoes on the mat! Wrestling shoes may be worn. Other appropriate apparel is board shorts, swim shorts, sweatpants, and T-shirts. Keep your gear clean!
- 4) SPARRING** – New, sick, or injured students are NOT allowed to spar. Anyone requesting to spar can present their case to the instructor and it will be the instructor's final decision to give approval. A mouth guard and cup are required for all striking and sparring. You may wear these for grappling, but they are not required.
- 5) OUTSIDE GYM FIGHTING** – We teach you to fight. Fighting outside the school is not tolerated! If we hear that fighting has occurred on the street, school, or home and yours or someone else's well-being was not in danger then you will not be permitted to train at our gym. Consequences may be member suspension/termination. Each case will be dealt with by Professor Brandon Olsen.

***Boxing, Kick-Boxing, BJJ, Wrestling and Martial Arts are contact sports! Injury can occur. We will show proper techniques, use proper equipment when training and when sparring.**